



Your Employee Assistance Program (EAP) offers resources to cope with anxiety and stress during the COVID-19 (coronavirus) outbreak

Updated resources have been added to the Anthem EAP website including recorded webinars related to COVID-19. The following topics are included:

- Building psychological immunity during the coronavirus outbreak
- Mindful meditation
- How to keep your family healthy
- How to stay healthy
- Washing hands
- Talking with your child about COVID-19
- The intersection of uncertainty and parenting COVID-19
- Financial uncertainty as the coronavirus spreads
- Keep calm and carry on – focusing on strategies to tackle feelings of anxiety and stress, tips for working from home, and when to reach out for further help and support

Resources will continue to be added.

myStrength has also added resources on COVID-19.

For members of The Local Choice,

www.anthemeap.com Log in: *Commonwealth of Virginia*, then choose *The Local Choice*

If you are not enrolled in The Local Choice health plan, a website has been set up with online resources

www.anthemeap.com Log in: *EAP Can Help*.